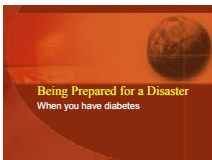






Being Prepared for Disaster: When You Have Diabetes






Slide	Content	Resources	Instructor's Notes
<p>Slide 1</p>  <p>Slide 2</p>  <p>Slide 3</p>  <p>Slide 4</p> 	<p>Being Prepared for a Disaster: When you have diabetes</p> <p>Objective: The participant will be able to:</p> <ol style="list-style-type: none"> 1. Prepare a family communication plan 2. Assemble an emergency preparedness kit, including supplies specific to diabetes 3. Identify guidelines to help protect health 4. Be informed about available resources <p>There is no way to predict when or where a natural or man-made disaster will occur. Being prepared at home, work/ school and in your community is the best way to be ready for the unexpected.</p> <p>The Dept. of Homeland Security suggests three steps in being prepared.</p>	<p>Provide a copy of the Family Communication Plan www.Ready.gov</p>	



Being Prepared for Disaster: When You Have Diabetes

<p>Slide 5</p> 	<p>Step One <i>Prepare a family communication plan.</i></p> <p>A communication plan will help you be sure that all family members will know what to do, where to meet and who to call should an emergency occur.</p> <p>The plan should include a meeting place on or near your property <u>and</u> a location away from your home.</p> <p>Including contact information (preferably a phone number) for an out of town relative or friend can be helpful when communications are down through out the area.</p> <p>It is important to have plans in place for home, if you have children, include school information. Ask your employer what, if anything will be required of you in case of a community disaster.</p> <p>It is important to prepare a communication plan and share it with all of your family members.</p> <p>Should a disaster occur you won't have to worry about where family members when they following the plan.</p>	<p>It is important that participants practice the plan before and emergency occurs. You may want to remind them of fire drills when they were in elementary school.</p> <p>Include list for essential contents of a disaster supplies kit. FEMA has produced a 200+ page Citizen Readiness Document that includes detailed emergency preparedness information.</p>	
--	--	--	--



Being Prepared for Disaster: When You Have Diabetes

<p>Slide 6</p>  <p>Slide 7</p>  <p>Slide 8</p> 	<p>Step Two</p> <p><i>Assemble a disaster supplies kit.</i></p> <p>Include enough supplies, for each family member for <i>at least</i> three days. Don't forget supplies for your pet(s).</p> <p>Kit should include: unique family needs i.e. medications, fresh water, food, provisions for fresh air, basic emergency supplies, and warm clothes if you live in cold weather climate.</p> <p>Once the kit has been assembled, consider building personal kits for each family member. These kits are useful if the family is evacuated.</p> <p>Remember to maintain the kits; check expiration dates on foods, water, and medications.</p>	<p>http://www.fema.gov/pdf/areyouready/areyouready_full.pdf</p> <p>Example of Basic Kit Supplies:</p> <ul style="list-style-type: none"> • Communication plan • One gallon water/day/person • At least three-day supply of non-perishable food • Unique family needs such as medications and other supplies • Face masks or dense weave cotton materials for nose and mouth protection • Basic first aid kit • Battery powered weather radio and flashlight • Extra batteries • Cash or credit cards • Important Family Documents 	<p>Stress the importance of a personal kit that includes medications and other special needs items.</p> <p>Since prescription medications are costly, encourage the participant to maintain prescription meds in a central location that can easily be packed into the disaster kit at the last moment.</p> <p>The personal kit is used if family members are evacuated</p> <p>A family disaster kit includes supplies for all family members for a period of at least three days.</p> <p>Emphasize the importance of including provisions for fresh water, food, and clean air.</p> <p>For participants with diabetes stress the</p>
--	--	--	--



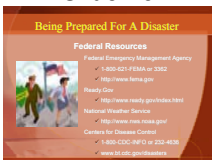
Being Prepared for Disaster: When You Have Diabetes

<p>Slide 9</p>  <p>Slide 10</p> 	<p>Step Three Be informed about what disaster(s), natural or manmade might occur in your community.</p> <p>Ready.gov website reports that the most common natural disasters in the US are flooding and home fires.</p> <p>Being Prepared for a disaster is not just a concern for people who live in earthquake or hurricane prone areas, but a responsibility for all of us. It is important to be aware of what natural disasters are likely to occur in your community.</p> <p>Tsunamis and hurricanes may not be a problem in our state but tornadoes, floods, forest fires and even earthquakes can be a real threat to people in Kentucky.</p> <p>Man-made disasters such as a biological, chemical, radiation or nuclear threat can affect anyone of us.</p> <p>It is the responsibility of all citizens to know what might occur, have a plan for what you and your family will do in the event of a natural or man-made disaster.</p>	<p>For other resources about assembling emergency supplies for individuals with diabetes refer to: BD Getting Started Planning Your Diabetes Care... During Disaster Conditions</p> <p>Display samples of real communications plans, disaster supplies kits and community readiness information.</p> <p>Discuss with the participants how they will manage to store the family kit and how they will manage to carry it (especially important among older populations). One idea is a suitcase with roller wheels.</p>	<p>importance of including medications/insulin and prescriptions, monitoring supplies and equipment, glucagon emergency kit, supplies to treat low and high blood reactions, insulated bag for diabetes supplies, comfortable/sturdy footwear, eyeglasses, and emergency contact info, in the disaster supplies kit. It is important to note that foods included in the kit be appropriate for persons with diabetes.</p>
--	---	---	---



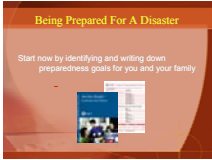
Being Prepared for Disaster: When You Have Diabetes

<p>Slide 11</p>  <p>Slide 12</p> 	<p>Some disasters are easy to predict but others happen without warning. Planning what to do in advance is an important part of being prepared.</p> <p>Don't forget about your health when a disaster hits.</p> <p>If you have diabetes:</p> <ul style="list-style-type: none"> • Try to stick to your meal plan and avoid unhealthy foods • Check your feet & skin everyday and treat sores right away • Make sure to take & record your blood sugar at least once a day or more • Continue to take your medications as prescribed • Wear diabetes identification • Seek medical help when needed right away <p>Don't forget about your health when a disaster hits, remember:</p> <ul style="list-style-type: none"> • Stress can cause blood sugar to rise • Seek shelter from extreme weather • Do not over exert yourself • Stay hydrated by drinking plenty of water • Follow your sick day guidelines • Rest 		<p>Stress to participants that challenges to emotional/mental health during a disaster is not uncommon.</p>
---	--	--	---

Being Prepared for Disaster: When You Have Diabetes

<p>Slide 13</p>  <p>Slide 14</p>  <p>Slide 15</p> 	<p>Local Resources</p> <ul style="list-style-type: none"> • Emergency Management office • Local health department • Local police and fire department • Red Cross / Salvation Army • HSRA (Health Services Resource Administration) <p>State Emergency Resources Kentucky Office of Homeland Security</p> <ul style="list-style-type: none"> • 1-866-797-KOHS or 5647 • http://www.homelandsecurity.ky.gov <p>Federal Resources Federal Emergency Management Agency</p> <ul style="list-style-type: none"> • 1-800-621-FEMA or 3362 • http://www.fema.gov <p>Ready.Gov</p> <ul style="list-style-type: none"> • http://www.ready.gov/index.html <p>National Weather Service</p> <ul style="list-style-type: none"> • http://www.nws.noaa.gov/ <p>Centers for Disease Control</p> <ul style="list-style-type: none"> • 1-800-CDC-INFO or 232-4636 • www.bt.cdc.gov/disasters 		
---	--	--	--

Being Prepared for Disaster: When You Have Diabetes

<p>Slide 16</p>  <p>Slide 17</p>  <p>Slide 18</p> 	<p>National Resources</p> <p>American Red Cross</p> <ul style="list-style-type: none"> • http://www.redcross.org/preparedness/dc_english/CDC.asp <p>Salvation Army</p> <ul style="list-style-type: none"> • 1-800-SAL-ARMY or 725-2769 • http://salvationarmyusa.org <p>REMEMBER: The best way to be safe during a disaster is to be prepared before the disaster!</p> <ul style="list-style-type: none"> • Make your plan • Build and maintain your kit • Know what might happen • Organize and practice a family drill • Don't forget your health <p>Start by identifying and writing down a disaster preparedness goal for you and your family.</p>	<p>Reinforce the idea of Being Prepared- stress the importance of maintaining the plan, the disaster supplies kit(s), remind them to formulate a plan about getting their prescription meds into the disaster kit, especially if they are to be evacuated from the home and keeping current about possible events in participant's community.</p> <p>Work with the participants to begin writing their family communication plan, building a disaster supplies kit or becoming more aware of what disasters might occur in their community's.</p>
--	---	---